



2024 KC METRO TRACK & FIELD

Please closely review logistics for BOTH Area Spring Games and School-Aged Meet as events do differ! Have a fantastic Track Season!

AREA SPRING GAMES (State Qualifier)

Saturday, April 27

- Lee's Summit North High School (901 NE Douglas; Lee's Summit, MO 64086)
- **Rosters, UP paperwork & physical renewals due by April 4**

Events offered at Area:

*Athletes may enter up to 3 events! Please see guidelines on page 5. (There are some events which may not be entered together).

1. Track Running Events

- 25-meter Dash
- 50-meter Dash
- 100-meter Dash
- 200-meter Dash
- 400-meter Dash
- 800-meter Run
- 1500-meter Run
- 3000-meter Run
- 4 x 100-meter Relay
- 4 x 400-meter Relay
- 4 x 100-meter Unified Sports® Relay
- 4 x 400-meter Unified Sports® Relay

2. Track Walking Events

- 25-meter Walk
- 50-meter Walk
- 100-meter Walk

- 400-meter Walk
 - 800-meter Walk
3. Track Assisted Walking Events
- 10-meter Assisted Walk
 - 25-meter Assisted Walk
4. Field Events
- Running Long Jump
 - Standing Long Jump
 - One-Foot Standing Long Jump
 - Shot Put
 - Men 4kg/8.13 lbs
 - Women 2.72 kg/6 lbs
 - Men (8-11 yrs - 2.72 kg/6 lbs)
 - Women (8-11 yrs - 1.8 kg/4 lbs)
 - Men & Women (22+ - 12lbs) OPTIONAL
 - Softball Throw
 - Tee Ball Throw
 - Mini-Javelin (Turbo Javelin)
 - Men: 400g
 - Women: 300g
 - Men and Women (8 – 15-year-olds): 300g
5. Wheelchair Events
- 10-meter Wheelchair Race
 - 25-meter Motorized Wheelchair Obstacle Course
 - 25-meter Wheelchair Race
 - 30-meter Motorized Wheelchair Slalom
 - 50-meter Motorized Wheelchair Slalom
 - 50-meter Wheelchair Race
 - 50-meter Motorized Wheelchair Race
 - 100-meter Wheelchair Race

SOPHIE FAZEL NORTHLAND INVITATIONAL SCHOOL-AGED MEET (21 & Under)

Saturday, May 11

- Liberty North High School: 1000 NE 104th St, Liberty, MO 64068
- NO meals will be served.
- **Rosters, UP paperwork & physical renewals due by Thursday, April 18**

Events offered at School-Aged Meet:

*Athletes may enter up to 3 events! Please see guidelines on page 5. (There are some events which may not be entered together).

1. Track Running Events
 - 25-meter Dash
 - 50-meter Dash
 - 100-meter Dash
2. Track Walking Events
 - 25-meter Walk
 - 50-meter Walk
 - 100-meter Walk
3. Track Assisted Walking Events
 - 10-meter Assisted Walk
 - 25-meter Assisted Walk
4. Field Events
 - Running Long Jump
 - Standing Long Jump
 - Softball Throw
 - Tee Ball Throw
 - Mini-Javelin (Turbo Javelin)
 - Men: 400g
 - Women: 300g
 - Men and Women (8 – 15-year-olds): 300g
5. Wheelchair Events
 - 10-meter Wheelchair Race
 - 25-meter Wheelchair Race
 - 30-meter Motorized Wheelchair Slalom
 - 50-Meter Wheelchair Race
 - 50-meter Motorized Wheelchair Slalom
 - 100-meter Wheelchair Race

ADDITIONAL DATES TO REMEMBER

- Summer State Games, May 31 - June 2 in Columbia, MO

ATHLETICS

Event Parameters

1. Special Olympics Missouri Athletics Event Parameters

The only way to eliminate heats that are potential "blowouts," is to set parameters (see the table below). In this way if an athlete has reached his/her potential in an event, that athlete can then participate in a more challenging event. If an athlete has tried to participate in an event but because of his/her ability cannot compete in an even heat, that athlete should be moved to an event which better meets the athlete's ability.

Note: Any event not listed does not have minimums or maximums

Event	Minimum	Maximum
100-meter Dash		1 min
200-meter Dash		1 min
400-meter Dash		1 min 55 sec
800-meter Dash		4 min 50 sec
1500-meter Run		12 min
4x100-meter Relay		2 min
4x400-meter Relay		7 min
100-meter Walk	30 sec	1 min
400-meter Walk	2 min	4 min
800-meter Walk	3 min 50 sec	8 min
25-meter Wheelchair	9 sec	1 min
100-meter Wheelchair	29 sec	2 min 12 sec
High Jump	1 meter	
Shot Put (2.72 kg)	1 meter	
Shot Put (4 kg)	1 meter	
Running Long Jump	1 meter	
Standing Long Jump	0.1 meter	2.60 meters
One-Foot Standing Long Jump	0.1 meter	2.60 meters
Softball Throw	4 meters	35 meters
Tee Ball Throw	0.1 meter	20 meters

For Track events the following will apply: Any athlete who finishes the race with a time which is outside the listed Minimum or Maximum will be moved to another event where he/she can be more competitive.

For Field (throwing or jumping) events the following will apply: Any athlete whose distance or height is outside the above listed Minimum or Maximum will be moved to another event where he/she can be more competitive.

Athletes who perform beyond these parameters at any event shall be disqualified and will receive a participation ribbon.

2. Events which may not be entered together
 - a. 25 Meter Dash/Walk and 50 Meter Dash/Walk

- b. 50 Meter Dash/Walk and 100 Meter Dash/Walk
- c. Standing Long Jump and Running Long Jump
- d. Softball Throw and Shot Put
- e. T- Ball Throw and Softball Throw or Shot Put

Special Olympics Missouri Rules

1. All Bib Numbers **MUST** be worn on the **FRONT** of the shirt.
2. In the Tennis Ball Throw, **ALL** levels of Special Olympics Missouri will use a Tee Ball.
3. One-foot Standing Long Jump:
 - a. Competitors shall start with both feet on the ground behind a designated take-off line
 - b. When starting, competitor's toes shall be behind the take-off line.
 - c. A competitor shall use one foot on the take-off. He/she may rock backward and forward lifting his/her heels and toes alternately, and he/she may lift either foot clear off the ground.
 - d. Each competitor shall be allowed three non-consecutive jumps. The athlete's best jump will be used for scoring.
 - e. Distance will be measured from the closest impression on the landing area made by any part of the body including arms or hands, to the take-off line.
 - f. There shall be a minimum of 2 people per heat as long as each heat is within the 20% range at ALL events area-level and above. This does all for athletes to be moved into another Age-Group and/or Gender heat to maintain at least a 2-person heat.
 - g. Athletes registered in a running event may not compete in a walking event of equal or less distance (i.e. an athlete in the 100 M Run may not walk in any event less than 400M). Any athlete registered in a relay may not compete in any running event shorter than the distance they would run in the relay (i.e. – an athlete in the 4 x 100 M Relay may not compete in any running event less than 100M long).
 - h. Athletes may participate in as many wheelchair races as they want as long as they are in no more than 3 events total, but they must be in races that are consecutive distances. (i.e. – an athlete may enter a 25M, 50M, and 100M Wheelchair Race, but NOT a 25M and a 100M Wheelchair Race.
 - i. The jumping board for the Running Long Jump shall be marked at 50 cm from the end of the pit. Athletes **MUST** still jump 1M minimum to be eligible for the Running Long Jump.
 - j. The following are Low Motor Events: all walking events, 50-meter Dash, 25-meter Dash, Standing Long Jump, One-Foot Standing Long Jump, Softball, and Tee Ball Throw.

Competition Uniform Requirements

1. The following definition of competition shorts/pants will apply to all sports. They must have elastic waist or string-tied shorts, no belt loops, zippers, or buttons, no jean shorts, and no dress shorts.
2. Athletes may NOT wear medals or ribbons during competition.
3. Athletes may NOT wear any jewelry while competing except medic alert necklaces or bracelets. The medic alert necklace or bracelet MUST be taped down during competition.

ATHLETES MAY WEAR:	ATHLETES MAY <u>NOT</u> WEAR:
SHORTS: <ul style="list-style-type: none"> • Running shorts • Basketball shorts • Cycling Shorts • Sweatpants • Jogging pants 	SHORTS: <ul style="list-style-type: none"> • Denim slacks or shorts • Casual wear • Dress slacks or shorts • Tennis shorts • Any pants/ shorts with buttons/ zippers
SHIRTS: <ul style="list-style-type: none"> • T-shirts • Tank tops • Sweatshirts 	SHIRTS: <ul style="list-style-type: none"> • Button-down causal shirts • Golf shirts • Shirts with collars
FOOTWEAR: <ul style="list-style-type: none"> • Athletic shoes • Tennis shoes • Basketball shoes • Running shoes • Cross-trainers 	FOOTWEAR: <ul style="list-style-type: none"> • Hard-soled shoes • Sandals/ Flip Flops • Hiking boots

DIRECT ALL QUESTIONS / ENTRIES TO:

Meg Ward
 Special Olympics KC Program Director
 E-mail: ward@somo.org
 Phone: 816-535-9610

2024 KC METRO TRACK & FIELD INFORMATION SHEET

Agency & Number	
Head Coach's Name	
Mailing Address	
Day Phone	Evening Phone
Fax	Email

Please answer the following:

1. Which meet(s) will you attend? April 27- Area Meet May 11- School Aged Meet

2. How many lunches will you need on April 27? _____
(Lunch will NOT be provided on the May 11 School-Aged Meet).

3. Does your team plan to compete at the State level? Yes No

4. Do you have anyone that needs any of the following trainings:
SOMO T&F Yes: number of coaches _____ No

Rosters, UP paperwork, & physical renewals are due:

**FOR AREA SPRING GAMES: APRIL 4
For SCHOOL-AGED MEET (21 & under): APRIL 18**

DIRECT ALL QUESTIONS / ENTRIES TO:

Meg Ward
Special Olympics KC Program Director
E-mail: ward@somo.org
Phone: 816-535-9610

COACH/ CHAPERONE LIST FOR KC TRACK & FIELD

****NOTE: EVERYONE on this list must be a Class A volunteer!**

Agency: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Reason for additional chaperones beyond 4:1 ratio:

Official Manuel Calderon Spirit Award Nomination

AWARD WILL BE GIVEN AT AREA SPRING GAMES (APRIL 27)

The Manuel Calderon Spirit Award is given in honor of Manuel Calderon, a proud supporter of Special Olympics Missouri – KC Metro. This award has been given since 1995, after Manuel's passing. Winners of this award show excellence in the following areas:

- Current SOMO athlete in one or more sports
- An athlete who inspires greatness in others – fellow athletes, coaches, volunteers, etc.
- Displays outstanding sportsmanship
- Being a good team player

Please complete the information below for your nominee. The deadline for all entries is April 4.

Nominee: _____

Agency / Team: _____

Address: _____ City/State/ZIP: _____

Telephone: _____

In the space below, please note why you believe the nominee is deserving of this award. (Use extra paper if needed.)

Signature: _____ Date: _____



Special Olympics

Missouri

**Special Olympics Missouri – KC Metro Area
2024 Track and Field – Relay Roster**

Agency Name & Code: _____ Area: _____

Agency Address: _____ City/Zip: _____

Head Coach Name & Email: _____

Assistant Coach Name & Email: _____

Team Name	Age Group (Circle One)	Sex	Athletes Names	Event Code	Event #	Time (min/sec/10ths)	Alternates
	Junior 8 - 15						
	Senior 16 - 21						
	Master 22+						
	Junior 8 - 15						
	Senior 16 - 21						
	Master 22+						
	Junior 8 - 15						
	Senior 16 - 21						
	Master 22+						